



2016 Recipe Challenge Finalist Chickpea-Tomato Stew

Ingredients:

¾ cup	Uncooked brown rice
1 medium	Onion
4 cloves	Garlic
3 tablespoons	Olive oil
½ teaspoon	Red pepper flakes
1½ teaspoons	Ground coriander
28 ounce can	Whole tomatoes
2-16 ounce cans	Chickpeas (also known as garbanzo beans)
1½ cups	Water
1 bunch	Kale
2 medium	Lemons
1 teaspoon	Salt

Instructions:

1. Bring a medium pot of water to boil. Add rice and boil for 25-30 minutes until rice is tender. Drain rice and set aside.
2. Peel and thinly slice onion and garlic. Heat olive oil in a pan over medium heat. Add onions, sauté for 5 minutes until soft.
3. Add garlic, red pepper flakes, and coriander. Stir well and sauté for 5 minutes.
4. Pour tomatoes with juices in medium bowl. Crush tomatoes into small pieces with hands or potato masher.
5. Add tomatoes, chickpeas with liquid, water, and salt to pot and bring to boil. Simmer for 10 minutes.
6. Remove the stems and roughly chop kale into bite-sized pieces. Add kale to pot and continue to simmer for 5 minutes.
7. Add juice of 2 lemons and brown rice. Serve warm.

Nutrition Facts

Serving Size 1 cup (411 g)
Servings Per Container 6

Amount Per Serving

Calories 350 Calories from Fat 100

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 1.5g **7%**

TransFat 0g

Cholesterol 0mg **0%**

Sodium 640mg **27%**

Total Carbohydrate 53g **18%**

Dietary Fiber 11g **45%**

Sugars 13g

Protein 13g

Vitamin A 90% Vitamin C 120%

Calcium 20% Iron 25%

* Percent Daily Values are based on a 2,000 calorie diet.

Disclaimer: Nutritional values are an estimate utilizing the NutritionistPro software. Cost is estimated based on current food costs.